The claims defining the invention are as follows:

1. A method for the preparation of a compound of formula II

$$R_1$$
 R_2
 R_3
 R_4
 R_4
 R_5
 R_4
 R_5
 R_4
 R_6
 R_7
 R_8
 R_4
 R_8
 R_9
 R_9
 R_9

R₁, R₂, R₃, R₄, R₅, R₆ R₇ and R₈ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, 15 OS(O)R₉, alkyl, haloalkyl, aryl, arylalkyl, thio, alkylthio, amino, alkylamino, dialkylamino, nitro, or halo, and

R₉ is alkyl, haloalkyl, aryl, arylalkyl or alkylaryl, comprising the step of hydrogenating a compound of formula I

wherein

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R₁, R₂, R₃, R₄, R₅, R₆, R₇, R₈ and R₉ are as defined above to prepare a compound of formula II.

2. A method of claim 1, wherein the hydrogenation step is performed with hydrogen in the presence of a reduction catalyst and a solvent.

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- 3. A method of claim 2, wherein the reduction catalyst comprises palladium, palladium hydroxide, platinum or platinum oxide.
- 4. A method of claim 3, wherein the reduction catalyst is palladium on activated carbon, 5 palladium on barium sulfate or platinum(IV)oxide.
 - 5. A method of claim 4, wherein the reduction catalyst is palladium on activated carbon (1% Pd to 10% Pd).
 - 6. A method of claim 5, wherein the reduction catalyst is about 5% palladium on activated carbon.
 - 7. A method of claim 2, wherein the solvent is a C_1 - C_8 alcohol, an alkyl acetate or a C_1 - C_3 carboxylic acid.
- 8. A method of claim 7, wherein the solvent is a methanol, ethanol or C₁-C₆ alkyl acetate.
 - 9. A method of claim 8, wherein the solvent is absolute methanol or absolute ethanol.
- 20 10. A method of claim 1 which further comprises the step of dehydrating and optionally deprotecting or transforming a compound of formula III

$$R_{6}$$
 R_{5}
 R_{6}
 R_{7}
 R_{8}
 R_{4}
 R_{1}
 R_{2}
 R_{2}

R₁, R₂, R₃, R₄, R₅, R₆, R₇ and R₈ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, OS(O)R₉, alkyl, haloalkyl, aryl, arylalkyl, thio, alkylthio, amino, alkylamino, dialkylamino, nitro, or halo, and

R9 is alkyl, haloalkyl, aryl, arylalkyl or alkylaryl.

- 11. A method of any one of claims 1 to 10, wherein the compounds of formula I, II or III have the following substituents
- 5 R₁ is hydroxy, OR₉ or OC(O)R₉,

R₂, R₃, R₄, R₅, R₆ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl or arylalkyl,

R₈ is hydrogen, and

R₉ is methyl, ethyl, propyl, isopropyl or frifluoromethyl.

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12. A method of claim 11, wherein the compounds of formula I, II or III have the following substituents

R₁ is hydroxy, OR₉ or OC(O)R₉,

R₂, R₃, R₄, R₅ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl or

15 arylalkyl,

R₆ and R₈ are hydrogen, and

R₉ is methyl.

- 13. A method of any one of claims 1 to 12, wherein the compound of formula I is 4',7-20 diacetoxyisoflavone (daidzein diacetate) or 7-acetoxy-4'-methoxyisoflavone.
 - 14. A method of any one of claims 1 to 13, wherein the compound of formula II is 4',7-diacetoxyisoflavan-4-ol (tetrahydrodaidzein diacetate) or 7-acetoxy-4'-methoxyisoflavan-4-ol.

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- 15. A method of any one of claims 10 to 14, wherein and the compound of formula III is 4',7-diacetoxyisoflav-3-ene (dehydroequol diacetate), 4',7-dihydroxyisoflav-3-ene (dehydroequol), 7-acetoxy-4' methoxyisoflav-3-ene or 7-hydroxy-4'-methoxyisoflav-3-ene.
- 30 16. A method for the preparation of a compound of formula IV

$$R_1$$
 R_5
 R_8
 R_8
 R_2
 R_3
 R_2

wherein-

5

10 R₁, R₂, R₃, R₄, R₅, R₆, R₇ and R₈ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, OS(O)R₉, alkyl, haloalkyl, aryl, arylalkyl, thio, alkylthio, amino, alkylamino, dialkylamino, nitro, or halo, and

R₉ is alkyl, haloalkyl, aryl, arylalkyl or alkylaryl, comprising the step of hydrogenating a compound of formula I

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$$R_1$$
 R_5
 R_4
 R_5
 R_3
 R_4
 R_2
 R_1
 R_4
 R_2

wherein

20

R₁, R₂, R₃, R₄, R₅, R₆, R₇, R₈ and R₉ are as defined above

- 25 to prepare a compound of formula IV.
 - 17. A method of claim 16, wherein the hydrogenation step is performed with hydrogen in the presence of a reduction catalyst and a solvent.
- 30 18. A method of claim 1/7, wherein the reduction catalyst comprises palladium, palladium hydroxide, platinum or platinum(IV)oxide.

- 19. A method of claim 18, wherein the reduction catalyst is palladium on activated carbon (1% Pd to 10% Pd).
- 20. A method of claim 19, wherein the reduction catalyst is about 5% palladium on 5 activated carbon.
 - 21. A method of claim 17, wherein the solvent is a C₁/C₈ alcohol, a C₁-C₆ alkyl acetate or a C₁-C₃ carboxylic acid.
- 10 22. A method of claim 21, wherein the solvent is absolute methanol, ethanol or ethyl acetate.
 - 23. A method of any one of claims 16 to 22, wherein the compound of formula I is 4',7-diacetoxyisoflavone (daidzein diacetate) or 7-acetoxy-4'-methoxyisoflavone.

24. A method of any one of claims 16 to 22, wherein the compound of formula IV has the

following substituents
R₁ is hydroxy, OR₂ or OC(O)R₂,

R₂, R₃, R₄, R₅, R₆ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl 20 or arylalkyl,

R₈ is hydrogen, and

R₉ is methyl, ethyl, propyl, isopropyl or trifluoromethyl.

25. A method of claim 24, wherein the compound of formula IV has the following 25 substituents

R₁ is hydroxy, OR₉ or OC(O)R₉,

R₂, R₃, R₄, R₅ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl or arylalkyl,

R₆ and R₈ are hydrogen, and

- 30 R₉ is methyl.
 - 26. A method of claim 25, wherein the compound of formula IV is 4',7-diacetoxyisoflavan-4-one (diacetoxydihydrodaidzein) or 4',7-dihydroxyisoflavan-4-one (dihydrodaidzein).

27. A method for the preparation of a compound of formula V

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$$\begin{array}{c|c}
R_1 & C & R_8 \\
R_6 & R_5 & R_3 & R_2
\end{array}$$
(V)

10

wherein

 R_1 , R_2 , R_3 , R_4 , R_5 , R_6 , R_7 and R_8 are independently hydrogen, hydroxy, OR_9 , $OC(O)R_9$, $OS(O)R_9$, alkyl, haloalkyl, aryl, arylalkyl, thio, alkylthio, amino, alkylamino, dialkylamino, nitro, or halo, and

15 R₉ is alkyl, haloalkyl, aryl, arylalkyl or alkylaryl, comprising the step of hydrogenating a compound of formula III

$$R_1$$
 R_5
 R_4
 R_2
 R_3
 R_2

25 wherein

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 R_1 , R_2 , R_3 , R_4 , R_5 , R_6 , R_7 , R_8 and R_9 are as defined above to prepare a compound of formula V.

- 28. A method of claim 27, wherein the hydrogenation step is performed with hydrogen in 30 the presence of a reduction catalyst and a solvent.
 - 29. A method of claim 28, wherein the reduction catalyst comprises palladium, palladium hydroxide, platinum or platinum(IV)oxide.

- 30. A method of claim 29, wherein the reduction catalyst is palladium on activated carbon (1% Pd to 10% Pd).
- 5 31. A method of claim 30, wherein the reduction catalyst is about 5% palladium on activated carbon.
 - 32. A method of claim 28, wherein the solvent is a C_1 - C_8 alcohol, a C_1 - C_6 alkyl acetate or a C_1 - C_3 carboxylic acid.

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- 33. A method of claim 32, wherein the solvent is a methanol, ethanol or ethyl acetate.
- 34. A method of claim 33, wherein the solvent is éthyl acetate.
- 15 35. A method of any one of claims 27 to 34, wherein and the compound of formula III is 4',7-diacetoxyisoflav-3-ene (dehydroequol diacetate), 4',7-dihydroxyisoflav-3-ene (dehydroequol), 7-acetoxy-4'-methoxyisoflav-3-ene or 7-hydroxy-4'-methoxyisoflav-3-ene.
- 36. A method of any one of claims 27 to 34 wherein the compound of formula V has the 20 following substituents

 R_1 is hydroxy, OR_9 or $OC(O)R_9$,

R₂, R₃, R₄, R₅, R₆ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl or arylalkyl,

R₈ is hydrogen, and

- 25 R₉ is methyl, ethyl, propyl, isopropyl or trifluoromethyl.
 - 37. A method of claim 36, wherein the compound of formula V has the following substituents

 R_1 is hydroxy, OR_9 or $OC(O)_{\parallel}^{\kappa}$,

30 R₂, R₃, R₄, R₅ and R₇ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, alkyl, aryl or arylalkyl,

R₆ and R₈ are hydrogen, and

R₉ is methyl.

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- 38. A method of claim 37, wherein the compound of formula V is 4',7-diacetoxyisoflavan (equol diacetate) or 4',7-dihydroxyisoflavan (equol).
- 39. Methods substantially as hereinbefore described especially with reference to the Examples.
- 40. Compounds of formula II or formula IV or formula IV or formula V when prepared by a method of any preceding claim.
- 41. A compound of the formulae II, III, V or V, wherein

R₁ is hydroxy, OR₉, OC(O)R₉, thio, alkylthio, or halo,

R₂, R₃, R₄, R₅, R₆, R₇ and R₈ are independently hydrogen, hydroxy, OR₉, OC(O)R₉, OS(O)R₉, alkyl, aryl, thio, alkylthio or halo, and

R₉ is alkyl, fluoroalkyl or arylalkyl

with the proviso that

at least one of R₅, R₆ and R₇ is not hydrogen, or

when R_5 , R_6 and R_7 are all hydrogen, then R_3 is hydroxy, OR_9 , $OC(O)R_9$, $OS(O)R_9$, alkyl, aryl, thio, alkylthio or halo

provided that compounds of the formula

$$R_1$$
 R_2
 R_3

wherein

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R₁ is hydroxy or acetoxy,

R₂ is hydrogen, hydroxy, acetoxy, methoxy, methyl, isopropyl or halo,

R₃ is hydrogen, methoxy, methyl, halo or trifluoromethyl,

R₆ is hydrogen, hydroxy or acetoxy, and

R₇ is hydrogen, hydroxy, methyl or methoxy

are specifically excluded,

provided that compounds of the formula

wherein

R₃ is hydroxy or methoxy, and

R₄ is hydrogen or methoxy

are specifically excluded,

provided that compounds of the formulae

$$R_1$$
 R_2
 R_3
 R_4
 R_5
 R_4
 R_5
 R_4
 R_5
 R_5
 R_4
 R_5
 R_7
 R_4
 R_6
 R_7
 R_8

wherein

R₁ is hydroxy, methoxy, ethoxy, methylthio or halogen, and

R₂, R₃ R₄, R₅, R₆, and R₇ are independently hydrogen, hydroxy, methoxy, ethoxy, methylthio or halogen,

are specifically excluded, and

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provided that the compounds

4',7-Dihydroxy-3',5'-dimethoxyisoflavan-\(\beta \)-one

4',5-Dimethoxy-7-hydroxy-8-methylisof/avan-4-one

2',7-Dihydroxy-4',8-dimethoxyisoflavan-3-ene

are specifically excluded.

42. A compound of claim 41,

wherein

 R_1 is hydroxy, OR_9 or $OC(O)R_9$,

R₂ and R₃ are independently hydrogen, hydroxy, OR₉ or OC(O)R₉,

R₄, R₅, R₆, and R₈ are hydrogen,

R₇ is hydroxy, OR₉, OC(O)R₉, alkyl, aryl or halo, and

R₉ is methyl, ethyl, propyl, isopropyl, trifluoromethyl or benzyl.

43. A compound of claim 41/

wherein

 R_1 is hydroxy, OR_9 or $OC(\hat{Q})/R_9$,

R₂ and R₃ are independently hydrogen, hydroxy, OR₉ or OC(O)R₉,

 R_5 is OR_9 , $OC(O)R_9$, alky, aryl or halo,

R₄, R₆, R₇, and R₈ are hydrogen, and

R₉ is methyl, ethyl, propyl, isopropyl, trifluoromethyl or benzyl.

- 44. A compound of formula I selected from the group consisting of:
 - 4',7,8-Triacetoxyisoflavone
 - 7,8-Diacetoxy-4'-methoxyisoflavone
 - 4',7-Diacetoxy-8-methylisoflavone
 - 3',7-Diacetoxy-8-methylisoflavone
 - 7-Acetoxy-4'-methoxy-8-methylisoflavone
 - 4',7-Diacetoxy-3'-methoxy-8-methylisoflavone
 - 4',5,7-Triacetoxyisoflavone

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- 45. A compound of formula II selected from the group consisting of:
 - 4',7,8-Triacetoxyisoflavan-4-ol
 - 7,8-Diacetoxy-4-methoxyisoflavah-4-ol
 - 4',7-Diacetoxy-8-methylisoflavan-4-ol
 - 3',7-Diacetoxy-8-methylisoflavan-4-ol
 - 7-Acetoxy-4'-methoxy-8-methylisoflavan-4-ol
 - 4',7-Diacetoxy-3'-methoxy-8/methylisoflavan-4-ol
 - 4',5,7-Triacetoxyisoflavan-4-ol
 - 4',7,8-Trihydroxyisoflavah-4-ol
 - 7,8-Dihydroxy-4-methoxyisoflavan-4-ol
 - 4',7-Dihydroxy-8-methylisoflavan-4-ol
 - 3',7-Dihydroxy-8-methylisoflavan-4-ol
 - 7-Hydroxy-4'-methoxy-8 methylisoflavan-4-ol
 - 4',7-Dihydroxy-3'-methoxy-8-methylisoflavan-4-ol
 - 4',5,7-Trihydroxyisoflavan-4-ol
- 46. A compound of formula III selected from the group consisting of:
 - 4',7,8-Triacetoxydehydroequol (4',7,8-Triacetoxyisoflav-3-ene)
 - 7,8-Diacetoxy-4 methoxydehydroequol (7,8-Diacetoxy-4-methoxyisoflav-3-ene)
 - 4',7-Diacetoxy-\$-methylisoflav-3-ene
 - 3',7-Diacetoxy 8-methylisoflav-3-ene
 - 7-Acetoxy-4'-methoxy-8-methylisoflav-3-ene
 - 4',7-Diacetoxy-3'-methoxy-8-methylisoflav-3-ene
 - 4',5,7-Triacetoxyisoflav-3-ene

Isoflav-3-ene-4',7,8-triol

- 4'-Methoxyisoflav-3-ene-7,8-diol
- 8-Methylisoflav-3-ene-4',7-diol
- 8-Methylisoflav-3-ene-3',7-diol

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4'-Methoxy-87meth lisoflav-3-ene-7-ol

3'-Methoxy-8-methylisoflav-3-ene-4',7-diol

Isoflav-3-ene-4',5,7-triol